

BRIDGES

IN THE CITY:

Life-long friendships formed at Yvshan's dance studio **P. 7**

SPACES:

Modern, yet cozy Lou's' Loft gathering place for students **P. 16**

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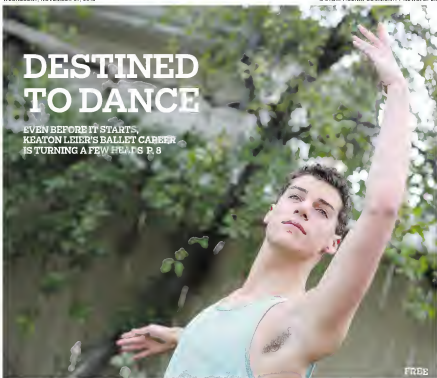
Saskatoon newswoman sticks to classic, fitted style **P. 20**

WEDNESDAY, NOVEMBER 27, 2013

A STARPHOENIX COMMUNITY NEWSPAPER

DESTINED TO DANCE

EVEN BEFORE IT STARTS,
KEATON LEIER'S BALLET CAREER
IS TURNING A FEW HEADS **P. 8**



FREE

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Saskatoon ballet dancer Kaitlyn Jones has been absorbed into the Royal Winnipeg Ballet's professional division, sending out ripples of hope for young artists across Canada. **INSIDE PHOTO BY MICHELLE BEERS**

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MY FAVOURITE PLACE PG. 7



Luba Wrochewicz practices Ukrainian dance at her favourite place. **Wrochewicz's dance studio: BRIDGES PHOTO BY MICHELLE BEERS**

BRIDGES COVER PHOTO BY MICHELLE BEERS

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CITY FACES

OXANA KISHCHUK

Student raises \$25,000 for African school

By Angelina Irimaci

Free The Children co-founder Craig Kitzberger and Saskatoon teen Oxana Kishchuk have a lot in common. Both were 14 years old when they got inspired to travel across the globe to help other children. Both raised half of the money for their trips and both found challenges to take them.

Three trips, five years and three fundraisers later, Kishchuk has raised about \$25,000 for an all-boys school in Kenya. Her efforts haven't gone unnoticed — she was recently awarded the Association of Fund-raising Professionals Saskatoon Chapter's Outstanding Youth in Philanthropy Award at a luncheon on National Philanthropy Day. She also spoke about her experiences with Free The Children at Saskatoon's Me Day on Nov. 10 of more than 15,000 kids.

When Kishchuk was in Grade 7, she went to TCU Place and heard Kitzberger speak about his organization. Free The Children is an international charity that educates children in developed countries to help other children through sustainable development programs. Kitzberger inspired her but she was also drawn toward learning about global poverty.

"I could go somewhere and change someone's life, it really impacted me," Kishchuk says of Kitzberger's talk.

She got to work right away by setting up her first bank account, she put everything she had into it and sold a restaurant that wouldn't allow her to withdraw money. Christ was born and Kishchuk's money went directly into the account and two years later she saved enough for half of an 11-day trip to Kenya with the Me to We social enterprise (she co-founded it with Kitzberger).

"I don't like Free ships; been the kind of person if it's something I really want to do, I'm really determined and won't stop until I'm done," says the 17-year-old Walter Mearns star.



Oxana Kishchuk, who has raised about \$25,000 for an all-boys school in Kenya, received an Outstanding Youth in Philanthropy Award. (STAR PHOTO BY CARRIE GRANT)

dent.

Plus, she wanted to prove that she could reach her goal of helping other children. In 2001, off she went to Kenya, where she helped build a school and learned about the culture.

Kishchuk went on to do similar work this summer. She travelled to India (she went with her brother) and went back to Kenya on a PolishCorp Youth Scholarship.

On her first trip to Kenya she heard of a conversation someone had with a young boy who was studying at one of Free The Children's primary schools. The boy said after he graduates he planned on going on

to Kisumu (an all-girls secondary school). The boy was reminded that the school is for girls only and he responded by saying, "I know — but I also know that Free The Children was I forgot about the boys."

This conversation prompted Kishchuk to help raise money for the all-boys' secondary school. A group of people from around North America are raising it: a million for the school. Land has been purchased near the Maasai reserve in southern Kenya and the school is expected to be built in the next two years.

Kishchuk has donated about \$25,000 through fundraising efforts

she's held in Saskatoon. She's put on a penny dinner and two concerts so far.

The second annual Sounds of Hope concert was in early November and Kishchuk had a lot of performers (including the world-renowned Kenyan Boys Choir she raised over \$10,000 at the event).

Free The Children's manager of donor engagement Nadia Hawaryn says Kishchuk is incredibly humble and often forgets that she's still in high school.

She's literally an all-star. When people talk about a strong example of philanthropy and a youth giving

back, that would be her in every regard," Hawaryn says.

Kishchuk plans to go to university when she graduates in the spring. She's not sure where she wants to study but she is sure that she wants to continue doing activism work abroad. Her ideal world is one that focuses on education.

"I believe in education for everyone. When you give someone education or knowledge, no one can ever take that away from them. If every one in the world could get an education then I think it could fix all the other problems that we have and empower everyone."

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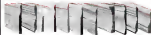


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MY FAVOURITE PLACE

Ukrainian dancer has spent 25 years at studio



Luba Wojcikowsky spends 10 hours a week rehearsing at her favourite place in Saskatoon: Trochen's dance studio in St. Thomas Wesley Church. (Photos by MICHELLE SIKES)

By Angelina Irtinich

For the past 25 years Luba Wojcikowsky has been spending time at her favourite place in Saskatoon: Trochen's dance studio in St. Thomas Wesley Church. Ukrainian Ukrainian Folk Ballet Ensemble is a local Ukrainian dance group that has been in existence for over 56 years and performs around 50-60 times per year. Wojcikowsky spends nearly 10 hours a week at the studio rehearsing and spending time with life-long friends who make while dancing. An older lady going to the studio since she was five years old, it's a space that's very dear to her heart.

- Q. Why is the studio space special to you?**
A. Trochen dances three nights a week and when we have a performance it's usually four or five times a week. It's usually there and a half hour at least, so you kind of get used to the people and the music and the sounds of this place. It's like home. When I'm stressed out I come here and I feel fine and when I'm having a rough day — or a good day — this place sort of grounds me.
- Q. What is it about Ukrainian dance that's kept you doing it for so long?**
A. All my best friends dance with Trochen, so it's sort of coming out and hanging out with your friends

- three nights a week. And it's a good workout, and there's nothing better than performing — whether it's your family and friends in Saskatoon or abroad — people always appreciate it.
- Q. It sounds like you've made really great relationships here.**
A. I've been dancing for a long time so I've seen friends come and go but we're all really tight. We're like one big family. We go through big ups and big downs and we really help each other. I see my artistic director more than I see my husband (laughs).
- Q. What does being Ukrainian mean to you?**

- A.** It's just my identity. It lets me know who I am and (she wags) ancestors are. Everything I do every day has something to do with my culture. Ukrainian dance is a way for me to always be experiencing and practicing it.
- Q. What's your favourite memory of the studio?**
A. A couple of years ago we had a big show (the 50th anniversary show) and we brought in an orchestra from Ukraine and they set up shop as here with us. It was sort of crowd, but to have a live orchestra playing when we were dancing was amazing. Lots of dance companies in Ukraine will have someone play

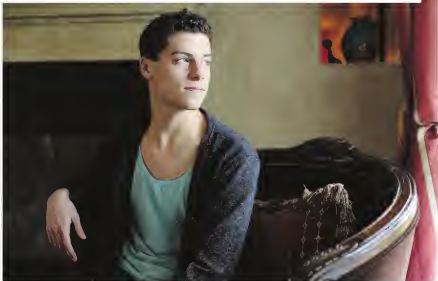
- an instrument during her or during their dances and we had a whole seven-piece orchestra here playing for us.
- Q. What's your favourite thing about the space?**
A. Since I've been coming here since I was five, it looks the same but it looks different, it just changes a little bit every year. I have distinct memories of when I was five and being in the exact same space. It's got this old school feel like the curtains and it's dusty but it's warm. Our blood sweat and tears are in the floor, but there were definitely a lot of laughs and proud moments and great times there too.

ON THE COVER

It's basically my life, really. It's basically everything. — Keaton Leier

★ KEATON LEIER

Teen dances his way to the Royal Winnipeg Ballet



Sedulous ballet dancer Keaton Leier was recently accepted into the professional division of the Royal Winnipeg Ballet. **ESSAYS** PHOTO BY MICHELLE KING

By Angelina Itrinic

It's Monday morning and while most of us haven't started our work day Keaton Leier is warming up for ballet class. Before the weekend he'll already have danced nearly 20 hours and he still has rehearsals on Saturday evenings and weekends

are reserved for homework. FaceTime with his parents and sometimes night rehearsals. Reading he'll go shopping with friends, or go to the movies and grab a bite to eat.

Keaton, 17, was recently accepted into the professional division of the Royal Winnipeg Ballet (RWB). He is part of the ballet academic

program, which runs as a companion with a regular school calendar. The full-time program is for dancers who want to become professionals, they get extensive training from world-renowned instructors while still focusing on academics. The RWB is partnered with the University of Winnipeg, so Keaton will earn his

Grade 12 diploma at the end of the year.

Keaton has been dancing for almost 10 years. He started as a hip hop at age eight, moved to jazz then branched his way to ballet. By the time he was a teenager he had danced virtually every style at Renard's School of Ballet and Dance. He travelled as

well to places like Vancouver and L.A. for dance camps and contests.

"Those things motivated me to start loving dance more, and I found it made me," Keaton explains over the phone from his dorm room at the RWB. "Then I realized that a what I wanted to do."

As a male dancer, you are a minority and you could be a target but we've never had any issues.

—Cindy Leier



Keaton Leier shows his flexibility at his family's home in Saskatoon. PHOTOS BY MICHELLE PERE

He tried other activities: basketball, cycling, gymnastics, basketball and hockey, to name a few. It was dancing that really stuck.

"It's just how I live now. It's become a part of my life, really. It's basically everything," he says.

Keaton's parents, Jeff and Christine, are on his hand and pencil dance crew. His family calls him "moose." Dad, Tim, says if you see Keaton as a baby you'd understand—he had a sharp nose and big eyes.

He admits he can be too hard on himself and he has a hard time taking about his struggles as a dancer.

It's almost as if he doesn't like the spotlight, but when he dances, that changes. He commands attention with his confidence, strength and obvious talent. He's like a lot of teens—he loves spending time at the lake, playing with his dog and being with his friends. But in one year of high school he's been in a lot of different dance studios.

Thanksgiving weekend was one of the few times he'd get to see his family.

that year.

"It's a little bit stiff when two days of no dancing," Keaton explains as he walks around the living room on his toes.

Keaton's mom Cindy has been preparing dinner. The table is already set, the fireplace is on, it's like walking into an expensive home decor store. On a rustic-looking shelf is a large gold decoration that spells out "FAMILY."

"I tried to trick him into sports," Tim says from a chair in the corner of the family's large kitchen.

"Oh, so many times," Keaton sighs, smiling.

"He really used to be a kid, Dad, I'm sure going to be a hockey player. I hate hockey," Cindy explains.

"I was, like, 'Dad,'" Keaton adds. "Plus he gets his hockey fix from my brother."

Keaton's older brother Taylor is captain of the WHL's Portland Winterhawks.

Continued on Page 10

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In my opinion, he was by far the best out of that group. If I would have to guess, he'd have a better chance to be successful in the profession. — Raman Rykine



In school, Rastan-Lee's friends are considered in the 90s. Rastan-Lee's photo by MICHAEL BOW

It took Rastan one day of hockey to realize it wasn't for him. He liked skating, and the orange jerseys, his mom jokes. But he'd rather go jays and play than fight for a pack.

"The objective isn't to make a good hockey player. The objective is to make a good kid — regardless of their interests," Tim says.

Although Tim's a hockey nut, he's incredibly proud of Rastan's dancing. Tim says he was never resistant to the idea of his young son taking dance class.

"Not at all," he says. "I just thought, 'That's

within him.' That's the area that he wanted to go in." He gets emotional when he recalls his "jockey jack" type brothers seeing Rastan perform for the first time — has also brought them all to tears.

"Tim's one of the most supportive fathers I've ever met," says ballet director Michelle Brochu of West of Bretz's School of Ballet and Dance. Both parents picked Rastan up from ballet class, and both were supportive of all of Rastan's endeavours as a dancer, the says.

When he did that, it was that moment when you know you have someone very special that you're going to be working with for a long period of time. — Michelle Fracchia-West

When Keaton got older and started high school, his parents admit they were a bit concerned with him being a male dancer at that age. They gasped him for anything that may come his way.

"As a male dancer, you are a minority and you could be a target but we've never had any issues," Cindy explains, adding that he has supportive friends who made it easy.

Tim brings up a time when he was blown away with his son's courage. When Keaton was new to high school in Grade 9, he and a small group performed a dance routine during a pep rally in front of the entire school. He didn't care what others thought — he was a dancer and proud of it.

Keaton always dances at home, at school, wherever he has to.

"I'm honestly not really myself when I'm not dancing," he says.

"It's true," Cindy adds. "He gets groupy."

One of his school teachers wrote a letter to the family after Keaton left her class. She said what she'd miss most about Keaton was his smiling and dancing around the classroom.

"Once having a conversation with him at home, I'm like, 'Keaton, could you just stand still please?' He's doing his hip hop moves and a vocal and I'm like, 'Oh, focus on what I'm telling you,'" Cindy says. "It's just who he is. Dance is everything. It's his."

When it comes to genes, Keaton is a natural dancer. He's tall, balding and handsome — all important at trickeries for a male ballet dancer says RWTH's Thomas Rykone, an artistic faculty member of the RWTH's professional division. He was part of the group that selected Keaton. Keaton has a strong pump, good coordination and great ballet technique genes — meaning he understands what the teacher wants and can also see corrections.

"In my opinion, he was by far the best out of that group. If I would have to guess, he'd have a better chance to be successful in the profession," says Rykone.

Even at a young age Keaton took



Keaton (center) with his father Tim and mother Cindy at their Saskatoon home. Keaton was born from Winnipeg during a Thanksgiving dance. (PHOTO BY MICHELLE WEST)

intricacies well. Brenda Bennett, director at Brenda's School of Ballet and Dance remembers.

"He was one of those kids that you can see in their eyes that they like in everything you're saying and are enjoying it. He was totally focused."

Remembering Fracchia-West about "this boy who got a really high mark on his jazz class."

"After seeing him for a few months, I said, 'We have to get him into ballet somehow. I'm doing this. Can death member and I could save one a Prince Charming,'" Fracchia-West explains.

She approached Keaton and Cindy about the idea. But Keaton wasn't sure. He was 13 years old and really

didn't want to wear ballet tights. But he slowly came around and starting going to ballet as a week.

"Right after hip hop, he'd come to the one ballet class with costumes like feet and baggy T-shirts," Fracchia-West says. "He had instant memory of Keaton."

Over the next five years, Keaton excelled dramatically and moved up in the age groups quickly. In the last two years at the studio, Cindy remembers him being at the studio three after school until late at night. During his one-hour break she'd rush him home for dinner.

There was one moment when Fracchia-West knew that Keaton was going to be a great ballet dancer. She

taught him a very complex combination and when he returned to class the next week, he had it perfected.

"When he did that, it was that moment when you know you have someone very special that you're going to be working with for a long period of time."

She says it felt very natural to teach Keaton — he was incredibly hard working, brought "life and passion" to the ballet classes and he had Fracchia-West's "strong and appropriate attitude and ability. But Keaton was and still is, his worst critic."

"One of the biggest challenges in teaching him is that he is an extreme perfectionist," she explains. "He doesn't realize the potential that's

in there. He's got to understand that He will eventually achieve it one day."

Bennett and Fracchia-West encouraged Keaton to audition for the RWTH in the summer of 2012. The audition process is intense and seems never ending. Between 500 and 600 dancers audition each year to get into the RWTH Professional Division and of those dancers, 100 are asked to compete in a month-long audition in the summer. Both new and returning dancers make up around 100 dancers who compete for the 100 spots during the July audition.

Continued on Page 11

He's doing his hip hop moves and a twirl and I'm like, 'OK focus on what I'm telling you.' It's just who he is. Dance is everything; it's him. — *Cindy Leseur*



Amos Leseur jumps off the sandy shore into Denes Lake, one of his favourite places to spend time with his friends and family. **STAFF/ART PHOTO**

"It was really nerve-wrecking for me because you never want to hear no. It was my first real audition for anything," Byrnes explains. Luckily, he didn't have to hear no that the KWB did.

Koson declined the offer. "The timing wasn't right and getting a good education is important to the family (if he doesn't end up dancing, he'll like to become a vet). Declining the spot was risky, if Koson wanted to audition the following year. Plus, he was already late to the party.

Byrnes explains that 13 is a late age to start. It would have been ideal if Koson were training professionally at 11. Since Koson started late, he has a lot of catching up to do, Byrnes explains. Fortunately he's a quick learner and a hard worker. Byrnes adds that Koson handles the pressure and workload well.

Both Bennett and Pasosha West were asked for their answers that they were not asked that Koson wouldn't get a second time.

"He's got everything going for him, really good feet, super flexibility, a nice turnout. He's going to be hot. He's absolutely everything they'd want," Bennett says.

Although the workload is stressful and he's away from his friends and family, Koson is happy where he is.

I realized how stressful it's going to be for my career and I'm really happy with the decision and I'm proud I got to make it," he says.

Between dance class, the four academic classes he's taking, plus homework and extra rehearsal, Koson says he's learning self-discipline and responsibility. Everyone agrees he will no doubt be a professional dancer. In whatever aspect he chooses. While Koson is mastering his craft, everyone else is just really looking their breath to see where he'll end up.

"People don't want to see him on stage," Bennett says.

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EAST OF EDEN

Couple creates sparks with new band

By Angelina Irimaci

Alexandra Thomson and Justin Pelan have keys to unlock for two major things in their lives: their relationship and their band. Both moved to Saskatoon for university and met in 2004 through a Kijiji ad. Thomson, joined looking for a musician to jam with. The 24-year-old Pelan and soon a romance bloomed and a band got started.

East of Eden was born this past summer after the two felt they had performed enough covers and were ready to harness their own sound. Humming, dark and passionate are how the duo describes their music, which they say is a combination of folk, pop, indie and jazz. And it all comes from an honest place.

"Music writing acts as my therapy. I'm not somebody who really expresses in words with negative emotions but the music sort of goes along with me. I think that's why it's so dark because it's inspired by dark emotions," Thomson says.

The band's name follows suit. "The two explain that the biblical reference East of Eden means paradise lost. Thomson explains their music reflects that humanity will always be flawed and that the "dark, elegant and craggy" of the name matches how the two sound.

They're writing and recording five songs, plan to release an album and hopefully tour nationwide. Their first single, *She Cries Beauty*, is complete with a video and was released on September 13. They've played a few gigs in Saskatchewan and Regina, including the Regina Jazz Festival.

The duo has something else in common aside from music — both are studying engineering at the University of Saskatchewan. They find a fine balance between the two, but Pelan, it's the repetition and structure that Thomson is all the while.

"Math was sort of also that therapy where I would practice and create, take it out of reality and I was able to get let



Alexandra Thomson and Justin Pelan at Cliché by Yash Cafe in Saskatoon. Both study engineering at the University of Saskatchewan. PHOTOS BY WENDIE REBE

go, and I feel the same thing happens with music. Math and music are a universal language."

Both want to make living as engineers and music as East of Eden. "How cool would it be to earn a month of holidays — and most of a holiday make it a beer? That's a dream," Pelan says.

"I don't want to be making music to try to make money. I feel like that could take away from the creativity and freedom of who I am within the

music," Thomson adds.

Pelan is from Edmonton and Thomson from Regina and carry the Kettle First Nation. Both were exposed to music as children. Pelan grew up listening to live Cajun music at his house and when he got his first pair of headphones when he was 15, he'd lock himself in his room and listen to music. He didn't pick up his first guitar until he was 17, but after he did, he never put it down. Thomson's mother was in a band that often went on tour.

Thomson knew she could sing but hid her talent until she was 16. She sang for her mom who put her into vocal lessons and shows including Regina's Applause Dancer Theatre.

Now, the two practice together a couple of times a week. Being in a relationship and a band can cause a bit of friction, but for the most part it's only positive.

"It's like a second life to our relationship," Pelan says. "None of those deeper emotions

come out until I'm comfortable expressing those with Justin because he's so close to me," Thomson explains, adding that arguments can arise if one person makes a mistake or isn't pulling their weight in the band. "We're in a relationship not just a casual partnership. I think being in a close relationship the band will last a lot longer."

"I haven't actually heard those words spoken, so I'm pleased," Pelan smiles.

SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email bridges@thestarphoenix.com

SASKATCHEWAN'S BEST SPACES

New space offers students lunch and relaxation

By Angelina Irtucci

WHO? James Haywood (owner, food and beverage manager at Louis Loft)

WHERE? On the second floor of the Memorial Union Building on the University of Saskatchewan campus

WHAT? What used to be Brownies Cafe — a coffee shop and used bookstore — has been extensively renovated and turned into Louis Loft. Part of the University of Saskatchewan Students' Union (USSU), Louis Loft is a licensed coffee shop for day and an event venue, complete with catering, for night. The large space boasts plenty of natural light, a large bar and a new menu featuring locally sourced booze, baked and coffee. Although snacks, pastries, sandwiches and salads are featured on the menu (Haywood forecasts partly you can roll out from Louis' push-downs). The space is meant to accommodate students who want to take a lunch or coffee break and sit for a while to study or chat. There's a simple seating area, a cozy yet modern feel. The space is also available to book catered events from 30-250 people for weddings and Christmas parties to student events.

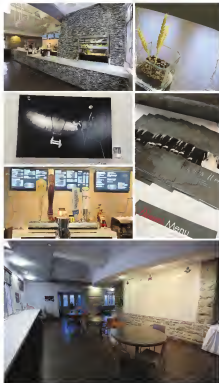
WHY? Book sales at Brownies had taken a "nose dive," so staff found a need to change the space. It offered students a place to go when Louis is closed for events and students. "There aren't very many places for students to chill out and use their laptops and just relax in a nice atmosphere," Haywood says. When renovating the space, staff wanted a "warm, neutral type of updated modern space" but something that was also conducive to hosting events, so designing a cafe and event space at the same time had its challenges.

WHEN? The space closed at the end of last year's school term and about 375,000 was spent renovating the space. It first opened during summer classes in June. Louis Loft threw a full lunch party over the month.

HOW? The USSU contracted the same architecture firm that renovated Place Del to help with the design and renovation. The whole space was gutted — only the fireplace and windows are original to the building. "The fireplace is one thing we had to keep intact because it's a touch of history. We didn't want to ruin that for anyone." Because the space is used for events, the color palette was kept neutral. Browns and greys were devised as finally settling on grey to keep a contemporary look.



SPACES



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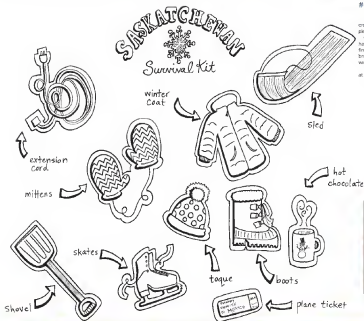
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OUTSIDE THE LINES



Colouring contest

Each week Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and e-mail it to bridget@thesaskatchewan.com. One winner will be chosen each week. Please send entries by Monday at 9 a.m.



Last week's contest winner is **Thais Protopchuk**. Thanks to everyone who submitted entries!



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ON THE SCENE

Fans, players and dignitaries attended the 2013 Gibson's Finest CFL Player Awards Nov. 21 in Regina.

2013 GIBSON'S FINEST CFL PLAYER AWARDS



Handfuls of football fans, league representatives and dignitaries filled Regina's Convention Arts Centre on Nov. 21 for the 2013 Gibson's Finest CFL Player Awards.

The awards, held annually prior to the Grey Cup game, saw a record number of Canadians recognized. Seven were awards, the most in CFL history.

This year's winners are: Most Outstanding Player: Jim Cornish (CFL) and Ricky Ray (TOR), Most Outstanding Defensive Player: Charleston Hughes (CFL) and Chad Cox (MTL), Most Outstanding Canadian: Jim Cornish (CFL) and Steve McSwain (WPG), Most Outstanding Special Teams Player: Rene Berodes (CFL) and Marc Henrick (HAM), Most Outstanding Rookie: Brett James (CFL) and CJ Gable (HAM), Most Outstanding Offensive Lineman: Brendon LaBatte (SSK) and Jeff King (TOR).

1. Jeff King and Marissa King
Alyson Day and Stacy Ray

2. Amanda Houston
and Gordon LaBatte

3. Stanley Milbrun
and David McLean

4. Alyson Houston
and James Hall

5. Seth Galloway
and Charles Hughes

6. Damon Zarynska
and Jane Atchell

7. Rachel Miskin
and Penny Atchell

ALLIAN PHOTOS
BY ANDREW WATTS

FASHION

What's your winter style?

Send a note to bridges@thestarphoenix.com

SASKATCHEWAN STYLE

Moh Yusuf:

Small accessories make a big difference

By Angelina Irtanici

Moh Yusuf moved from the U.K. to Saskatchewan just over three months ago for a job transfer in professional engineering. He finds the city "lovely, friendly, slow-pace" and the fashion "out-back." He says he spots many well-dressed people around the city and it's clear people put an effort into fashion, but admits that the style is quite different to his in Saskatchewan when compared to London, England.

Yusuf began paying more attention to fashion when he was in university. He said he'd spend hours in the dressing room trying to find the perfect fit and what worked for him. He doesn't follow trends but sticks to a classic style.

"Because if [you] follow fashion trends and it goes out of date, then you're technically out of date," he explains.

Accessories — like ties, pocket squares, lapel pins and cufflinks — play a huge role in Yusuf's look. Typically he'll choose a piece he wants to highlight that day and whether it's his tie, pocket square or shoes, he'll coordinate the other pieces to complement the chosen statement piece.

That's part of his style, which works for him, while other things may not. While some people like grey in black, he'd never wear an all-black outfit. He adds that others put on items simply well, but he doesn't. Many years, a pink tie or the colour neon-green.

You need to harness your strengths and conceal your weaknesses — that's what fashion is all about, really," Yusuf says. "Successful styling. When I see you, I can say 'This style is Moh' or 'This style is the person.' Don't put me wrong, you don't want to be predictable, but (keep in mind) this is what suits me and this is what suits you."

Yusuf just started wearing a new fashion blog. His first post was all about fit — something he says is crucial for men.

Although Yusuf doesn't spend too much money on his clothes, he says that if you do and the fit isn't right, it can make an expensive outfit look expensive.



Outfit:

1. **THE ZONE:**
2. **SHIRT:** Hovers A. Clark's London. "It's a fresh design that's been around for years."
3. **JACKET:** Ted Baker London. "I like their jackets, especially their winter jackets — wool and tweed."
4. **POCKET SQUARE:** Burton Menswear London.
5. **LAPEL FLOWER:** New York. "I didn't cost a lot and they are easy to get. It only cost me about \$10."
6. **CARDIGAN:** Topman.
7. **SHOES:** Given Allen from TK Maxx in London. "TK Maxx is just like the Walgreens here. I need to go and see what it looks like."
8. **SHOES:** Magnanni Italian shoemaker.
9. **SOCKS:** Burton's Menswear London. "I do like my socks and my accessories."

Moh Yusuf shows photos in wardrobe room.

InHome

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The Baby Block ...the Babies of 2013!

The StarPhoenix annual tradition featuring babies born during the past year will be published on Saturday, January 4th, 2014. This feature will also be posted online at thestarphoenix.com for all your family and friends to access.

This feature has proven to be a favorite of our readers and a great keepsake. You can be one of the proud parents or grandparents to announce the newest member of your family.



Kyla Cherie Sheppard
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2002
elms 16 oz,
23.5" long

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Paul Sheppard

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are Sue & Maurice Sheppard
She is our bundle of joy!

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Include your photo in colour for only \$10 (extra)

Final Deadline: Monday, December 16, 2013

Complete the attached form, enclose a large, clear picture of your baby and prepayment of your advertisement to:

The StarPhoenix Babies of 2013

Attn: Monique Classified Advertising, 204 5th Ave., N Saskatoon, SK S7K 2P1

Email a large jpg photo and your wording to advertising@thestarphoenix.com

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For further information please contact us at: 808-657-5385 or 1-800-663-0740.

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Customer Name: _____

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Email address: _____

Select from the following options (only 12 front page announcements available)

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Color: _____ (Black & White)

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First and Last Name of Parents: _____

Or specify alternate wording — "Grandson at 5B" and "Jean Smith"

If you choose the Front Page or Enhanced Size option please include any additional words up about your baby that you would like included in the announcement

Maximum words for Front Page 30 words Payment Method Visa _____ MC _____ Amex _____ Cheque _____

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TOTAL AMOUNT \$ _____

SHARP EATS

SASKATCHEWAN FOOD TRENDS

Boost mood, energy and libido with raw chocolate

By Jenn Sharp

Great news! I'm sure we're all heard that, but chocolate is good for you. Dark chocolate and only one square a day though. The problem with this recommendation (apart from the limited quantity) is the preservatives found in your average grocery store chocolate bar.

Baker Shannon Richards. The holistic health coach held a raw chocolate making workshop at the Saskatoon Farmers' Market recently (she does workshops in Regina too). She taught a small group how easy it is to make your own, naturally delicious chocolates.

These "vegan, raw" chocolates are packed full of so-called "no periods" (I say so-called because I think the term superfood tends to get overused). However, the ingredients in these chocolates are definitely no considered super.

Richards uses organic cocoa, the unprocessed form of cocoa powder, which has a dense, earthy flavour. Cocoa in its raw form is great for the metabolism and is high in magnesium and iron. It's also a natural mood booster. Coconut oil, vanilla beans (that you know you can save the pods, dry them and grind to use as a powder), a small amount of maple syrup and macapunga are used too.

"Masa will change your life," said Richards with a big smile. She was happy to give me a quick tutorial as the powder's benefits.

Taken from the root of the masa plant that grows in Peru's mountain ranges, it's been used for centuries for everything from an energy booster to libido on banana. Yes, that's right. Masa has been proven to enhance fertility and sexual function in men and to increase sex drive in both men and women. On top of that, many women find it helps balance their hormones. (Wasn't wrong! PMS and menopause symptoms. Now that's



Much raw chocolate made with a few choice superfoods make a perfect jam. Christina Deat. BRIDGES PHOTO BY JENN SHARP

the definition of a superfood. Richards then took little extras to her chocolates, like hemp hearts (which contain 16 per cent of your recommended daily protein value in 1 tbsp), turmeric (great for anti-inflammatory and anti-cancer), goji berries (another superfood loaded for its high amino acid content) or nuts.

Richards' goal through her nutritional coaching and vegan, raw food workshops is "getting people back into the kitchen." It's a philosophy she takes to heart: "Both of

her sons, Auden, 12, and Ethan, 7, spend a lot of time with her learning how to make meals. So much so that the time is releasing a dark back soon: Monkeys in the KITCHEN, full of their favourite, simple and fun recipes (all raw vegan and dairy free, most are raw vegan as well).

On a busy day, we started the class off with a cup of guilt-free hot chocolate. Richards uses dates for sweetness and adds a dash of espresso for an unexpected hit of spice that warms you to the core.

HOT CHOCOLATE RECIPE

INGREDIENTS

- 4 to 7 medjool dates
- 1 (tsp) raw cacao powder
- 1/2 tsp cinnamon
- pinch espresso powder
- 2 cups hot water

INSTRUCTIONS

Mix all ingredients in a food processor or a blender. Adjust quantities to suit taste. Serves 2.

Adapted from *Autism Chef* www.naturemonkeys.com.

UPCOMING WORKSHOPS

RAW FOOD FOR THE HOLIDAYS

Master recipes of the Saskatoon Farmers' Market. 6:30-8:30 PM. Dec. 7, 2015.

An afternoon of raw food fun led by Shannon Richards is sure to be a hit. She will share some of her favourite recipes which are featured in their new cookbook *Monkeys in the Kitchen*. Register online www.bridges4life.ca or call 306-250-0338.



READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

#JEANNE MARTINSON

Learning how different generations get along

Managers ask me frequently, "When will Gen Y give up, quit, redefining and get with the program?" (Definitely not!) For managers and co-workers everywhere, there is more to generational differences than rebellion and a desire to be different from the previous generation.

One generational identity is also about the beliefs and values that were developed in our growing-up years. By the time we reach into the work force, our perspectives of others, work and the world are well formed. The perfect storm is now brewing for generational conflict in the workplace in due to two unique factors.

First, we have four distinct generational groups in the workplace. Thanks to interrupted plans for re-

turnment due to the 2008 economic downturn, a genuine enjoyment of the work they are engaged in and an outgrowth of a longer life span, members of our oldest generation are still in the work place.

As the baby boomers are closing an on-retirement and are presently occupying the positions of power in our organizations. Due to advanced health care providing expectations of a

long and healthy life, and meaningful work to occupy themselves with, baby boomers may be finding the workplace more attractive and will possibly push back retirement plans. Secondly, Gen Y came into the workplace at the end of the analog to digital shift. This is significant as Generation Y is the first to see digital technology as normal, both in their work and personal life.

These two factors have collided to place employees from different generations in heightened conflict in the workplace. These different generations are now judging each other as being goal or poor work ethic, commitment and loyalty in the organization.

If you are a colleague trying to as-

sess your multi-generational co-workers, a front line manager trying to get your youngest workers to show up and show up on time, or see a member of Generation Y and looking for ways to maximize your effectiveness and success in the workplace, this book is for you. It gives you concrete information about the different generations with a focus on work ethics and the traditions and values of Generation Y.

Jeanne Martinson is a diversity strategist and best author online on the topics of diversity and leadership. Her book is available as an ebook on Adobe and Kindle in print in Kindle Store or McNally Robinson and online at www.jeanne.org.



Jeanne Martinson



Letters to Santa

Children of ALL AGES

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(Note: Prize number is to notify winners with list for publishing. Entries, pictures or letters with questions or concerns may call the StarPhoenix Advertising Dept. (306) 653-6280.)

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WINE WORLD

#SASKATCHEWAN WINE TRENDS

Drink Sterling Pinot Noir chilled for best taste

By James Romanow

California is one of those places where if it's big, it's good. Bigger is better. Subtlety, whether you are talking movie stars or wine, is generally not a selling point for the state. When that point of view meets Pinot Noir, it makes for an interesting version of the wine.

Pinot Noir is traditionally thought of as an elegant wine, a wine of restraint and subtlety. California Pinot Noir has about the same amount of restraint and elegance you would expect from Pinot Anderson. On the other hand, compared to Pinot (and), it is indeed elegant and subtle.

Any number of people find this obscure, but it's best vintaging delicious. If you cannot pinpoint, among those you'd want to try Sterling Pinot Noir, I generally prefer New Zealand to California, because Sterling is something of an exception to my rule.

The wine, like most California Pinot, is dominated by cherry and vanilla flavors with just a hint of raspberry. The finish is dry, but the entry and mid-palate are slightly sweet. The tannins are extremely restrained.

It is an understated, quite generous wine, and it will pair with pretty much all foods. This is a great wine to pair with things like squash, a spicy Indian bird, duck or the more subtle roast chicken.



My only complaint is the acidity is low, and I therefore drink the wine between 5 and 30 degrees.

If you want to have some fun with a friend, buy a supermarket "barbecue" chicken and two bottles of Sterling. Refrigerate one bottle overnight and serve the other at room temperature. It's a treat with the chicken. I suspect you too will be a convert to drinking this wine chilled.

Sterling Pinot Noir \$16 *****

More wine in Monday's paper or on Twitter @jbruce

Crossword/Sudoku answers

ARCH	ISLE	NAGE
SOMO	SAUTE	ARIA
TWISTER	CHICKENS	
ISP	RED	PUNTS
MRA	ION	TRAYS
CLUM	NO	POIN
AIN	REFINE	NEO
FARE	IO	STIFF
ERS	GEORGE	ITAL
SDARY	IL	LO
REMIT	REGO	ARS
ELICIT	DO	TOA
BACK	TORAC	GAMES
ETRE	COLOR	SOUP
LEON	KAPPA	INXS

2	3	6	9	4	1	7	8	5
9	1	8	2	5	7	6	3	4
4	5	7	3	6	8	9	1	2
8	9	2	7	1	3	4	5	6
1	6	3	4	2	5	8	9	7
5	7	4	6	8	9	1	2	3
3	4	9	1	7	2	5	6	8
6	2	5	8	9	4	3	7	1
7	8	1	5	3	6	2	4	9

ASK ELLIE

Ex-boyfriend must make amends for his 'stray kiss'

Q. I recently broke up with my girl friend of two years, though I was deeply in love with her. After eight months, we had a little kiss and a short break in which I kissed someone else. I didn't tell her so I didn't want to hurt her. She found out recently and ended our relationship.

Even if I sleep at night as I'm stressed, and everything that I do reminds me of her.

Do you believe she'll come around if I leave her alone for a few weeks? Or just wait for her to contact me?

Missing Her

A. A stray kiss during an agreed break is a minor crime, yet the punishment of ending it seems harsh. This may have to do with either being young and inexperienced or of this trust, or the kiss being for more than a moment. It is a hard to process if it was meant.

Whatever the reason, a strong reaction, "leaving her alone" is NOT the right approach. Send flowers to her with a note of apology and making her feel loved daily that you're

Ask Ellie



thinking of her. Do not harass and stop if she answers, send one email saying that you'll never look at that person again. You can only think of her.

It may work. Or not. But writing her to contact you is just going up.

Q. My boyfriend and I, both late 20s, are looking to move in together. Not that of us wants to get married.

What firmness do you have for a couple to figure out their sharing of expenses? He makes \$10,000 more than me annually, but his support often times drains that quickly.

I bought a modest house this year and moved into it while doing his. I

can't afford it myself so this isn't about having someone move in to pay my mortgage.

He's renting a small little apartment after coming out of a divorce, and is paying basic electricity and child support for the next few years until the kids are adults.

He takes an extra job and works overtime to financially fill his financial obligations to his ex and his kids, which I suppose is admirable.

I don't know if it's a fair or how other couples split the expenses. I'm worried about a single check losing her land, he won't be moving in with out signing some sort of pre-nuptial agreement so I never lose my house.

Practical Resources

A. Practicality IS important when starting this new arrangement, especially because it's harder to change the set-up later unless earnings change significantly.

Caring and compassion are also important — and you advocate both here — or why else bother to move together? Ideally, since he makes

with emotional (children) ties and financial (support) obligations elsewhere.

There are obvious expenses to share completely through a joint account in which you both deposit an equal amount. These include food, utilities, cable and house insurance. They cover the common needs as well as expenses you'd each pay for, if living on your own.

Once a group is in place, you continue to pay the house mortgage and taxes as it's your asset.

If he earned a lot more, I'd suggest he pay for recreation (drinks out, even travel) but besides practicality and caring, there's being realistic. This guy doesn't have disposable money beyond the same amount you earn, since he added around (and likely more) to support his kids. If you love him and want to live with him, share the cost of life's extras, and enjoy a truly equal relationship.

Q. For most of her life, my friend was

very overweight. Over the past two years, she lost almost 100 pounds.

We rekindled our friendship last year and I saw that she looked very sick. I've rarely seen her eat any thing.

She recently confided that she'd make herself throw up after eating junk food, which happens frequently.

Also, she seems very sad multiple times daily for pure no reason but her condition of endometriosis.

She broke up with her longtime boyfriend five months ago. She thinks no one else will ever love her.

Worried Friend

A. You have good reasons to worry. She's apparently depressed, also has been admitted to get and getting poor. All are harmful enough, but their combined physical and mental health effects after massive weight loss can be extreme.

Show her the supportive love of friendship by insisting you accompany her to a doctor for a physical checkup and also for referral for potential depression and addiction.

Next week in BRIDGES

From radio host, to actress and community builder, there's a lot to love about Heather Morrison



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BRIDGES



Pursue your passions.™

SAMSUNG



REG \$2799
\$2199

35.6 CU FT
FRENCH DOOR
ICE & WATER
STAINLESS STEEL
REFRIGERATOR

REG \$1299
\$1099

22 CU FT FRENCH DOOR
AUTOMATIC ICE MAKER
LED LIGHTING
PANTRY DRAWER
BLACK & WHITE
REF22



REG \$1399
\$1199

22 CU FT FRENCH DOOR
AUTOMATIC ICE MAKER
LED LIGHTING
PANTRY DRAWER
STAINLESS STEEL
REF1220R



REG \$1499
\$1299

22 CU FT FRENCH DOOR
INTERNAL ICE
AND WATER
LED LIGHTING
PANTRY DRAWER
STAINLESS STEEL
REF1220R



43rd STREET	APPLIANCE WORLD	1st Ave.
Phone Models		
Gift Cert.		

appliance world

242-8363

43rd St. E. & 1st Ave. N. (3 blocks N. of Circle K)

Sundays Noon-4:30 pm

43rd STREET	APPLIANCE	1st Ave.
Phone Models		
Gift Cert.		

appliance

955-1444

4th St. E. & Goodwin Ave. Behind Case Hardware

Sundays Noon-4:30 pm

RADIANT COOK TOP RANGES

SAMSUNG

NEW! RADIANT
RANGE**\$899**BLACK
GLASS TOP TRUE CONVECTION
SELF CLEAN
5.9 CU FT OVEN
HIDDEN BAKE ELEMENTNEW! RADIANT
RANGE**\$899**WHITE
GLASS TOP TRUE CONVECTION
SELF CLEAN
5.9 CU FT OVEN
HIDDEN BAKE ELEMENTNEW! RADIANT
RANGE**\$899**STAINLESS
GLASS TOP TRUE CONVECTION
SELF CLEANBRAND NEW MODELS
INDUCTION RANGESFREE Paderno
Pots and Pans
promoNEW! INDUCTION
RANGE**\$1599**FULL INDUCTION
GLASS TOP SELF CLEAN
WARMING DRAWER
5.9 CU FT OVEN
STAINLESS SLIDE INNEW! EXTENSIVE
RANGE**\$1199**GAS RANGE
CONVECTION
SELF CLEAN
WARMING DRAWERS
5 BURNERS
STAINLESS

NEW

NEW! SLIDE-IN
RANGE**\$1899**SLIDE-IN RANGE
CONVECTION
TEMP PROBE
GLASS TOP TOUCH
CONTROLS
STAINLESS

NEW

NEW! SLIDE-IN
RANGE**\$2399**SLIDE-IN RANGE
CONVECTION
TEMP PROBE
WARMING DRAWER
BRIDGE ELEMENT

OTR RANGES

NEW! OTR
RANGE**\$349**1.8 CU FT, 1000 WATT
WITH SENSOR COOKNEW! OTR
RANGE**\$399**2.3 CU FT, ENAMEL
CAVITY, TRIPLE
DISTRIBUTION SYSTEM,
AUTO DEFROST

NEW

NEW! OTR
RANGE**\$499**2.3 CU FT, SENSOR
COOK AND REHEAT
MATCHES THE NEW
SLIDE-IN RANGES

appliance world

242-8363

43rd St. E. & 1st Ave. N. (2 blocks N. of Circle Dr.)
Sundays Noon-4:30 pm

appliance

955-1444

8th St. E. & Goodwin Ave., Behind Cafe Restaurant
Sundays Noon-4:30 pm

SAMSUNG LAUNDRY



4.8 CU FT. DIRECT DRIVE 12 WASH CYCLES
4.8 CU FT. STEAM WASHER
7.3 CU FT. STEAM DRYER
TOP SELLING STEAM LAUNDRY PAIR

\$1699

SAVE \$300

TOP SELLING STEAM/STEAM LAUNDRY PAIR



WASH/DRY
FRONT LOAD

\$1599

TOP SELLING
STEAM LAUNDRY
PAIR



4.8 CU FT. STEAM WASHER
7.4 CU FT. STEAM DRYER

SAVE \$300



SAVE \$200

WASH
4.1 CU FT. VRT. DIRECT DRIVE HEATER AND ENERGY STAR QUALIFIED
DRYER
7.3 CU FT. STEAM DRYER

\$1299

TOP LOAD WASHERS



WASH/DRY
TOP LOAD

\$1299

WASH
5.3 CU FT. TOP LOAD AQUA VRT. VRT AND PURE CYCLE

DRYER
7.3 CU FT. STEAM, MORE LOAD HILL



SAMSUNG DISHWASHERS



WASH/DRY
DISHWASHER
STAINLESS FINISH

\$549

46DB QUIET NOISE, 8-STAR QUALIFIED, TOUCH CONTROLS AND DIGITAL LEAK SENSOR AND HARD FOOD DISPOSAL



WASH/DRY
DISHWASHER
STAINLESS

\$699

46DB QUIET NOISE, 8-STAR QUALIFIED, STEAM WASH, HALF LOAD, DELAY START, LEAK SENSOR AND ONE TOUCH ADJUSTABLE UPPER RACK

appliance world

242-8363

43rd St. E. & 1st Ave. N. (2 blocks N. of Circle Dr.)
Sundays Noon-4:30 pm

NO CREDIT CARD	Signature
Card Expiration	Card No.
SALES TAX	SALES TAX
SALES TAX	SALES TAX

appliance
955-1444

8th St. E. & Goodman Ave. Behind Cafe Restaurant
Sundays Noon-4:30 pm

43rd STREET	APPROX. 1000
Phone Number	1000
Circle No.	



REG \$2399
\$1799 28.0 CU FT
 COUNTER-DEPTH
 WITH ICE & WATER
 DISPENSER
 STAINLESS



REG \$2299
\$1799 28.5 CU FT
 STAINLESS STEEL
 ICE & WATER
 LED LIGHTING
 WHITE



REG \$2799
\$1999 28.0 CU FT
 ICE & WATER
 4 DOOR FRESH
 COOL
 STAINLESS STEEL



\$2299 REG \$3099
 28.0 CU FT
 4 DOOR FRESH
 WITH 8" LCD SCREEN
 WIFI CONNECTED

SAMSUNG

FUTURE'S FINEST



REG \$1399
\$1299

12000 BTU
 THE NEW SMART
 FLEX DUAL
 TECHNOLOGY
 GIVES YOU
 2 OVENS IN 1



appliance world

242-8363

43rd St. E. & 1st Ave. N. (2 blocks N. of Circle K)
 Sundays Noon-4:30 pm



appliance

955-1444

8th St. E. & Goodwin Ave. Behind Cove Restaurant
 Sundays Noon-4:30 pm